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# WELCOME TO *Sigonella*

## INS & OUTS of being stationed in Sigonella

- ▶ FINDING A HOME
- ▶ GETTING YOUR KIDS ADJUSTED
- ▶ LIFE WITH PETS IN SIGONELLA
- ▶ PERSONAL ENRICHMENT OPPORTUNITIES





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# FIRST STEPS

## CHECKLIST

Welcome to Sigonella! Here is your one-stop checklist once you've arrived at your new home:



### ✓ ARRIVAL

- ☐ Attend the installation's Base Wide Orientation and Command Indoctrination Brief (INDOC).
- ☐ Servicemembers/civilians: get your "codice fiscale."
- ☐ Dependents: get your "soggiorno."
- ☐ Ensure no-fee passport has SOFA stamp.
- ☐ Obtain a tourist passport if planning to travel outside of Italy.
- ☐ Enroll in TRICARE and complete medical in-processing.
- ☐ Sign up for an FPO box, if your sponsor has not already done so.
- ☐ Visit Fleet and Family Support Center (FFSC) for Relocation Assistance and Area Orientation.

### ✓ MONEY

- ☐ Determine allowances with Personal Support Detachment.
- ☐ Withdraw euros.
- ☐ Establish bank account to handle local bills, if necessary.
- ☐ Research online bill-pay options.
- ☐ Contact U.S. banks to close accounts, as needed.

### ✓ CARS

- ☐ Schedule and study for driver's exam.
- ☐ Pass exam and get translated AFI license.
- ☐ Get rental car.
- ☐ When car arrives or is purchased, get insurance, register and pass safety inspection.
- ☐ Establish account with NEX for receiving rationed fuel and oil.
- ☐ Obtain International License.

### ✓ HOUSING

- ☐ Establish TLA and OHA.
- ☐ Prioritize needs and wants.
- ☐ Visit Housing Office for list of approved rental homes.
- ☐ Schedule appointments with approved realtors to tour homes.
- ☐ Ensure Housing Office inspects property and reviews lease.
- ☐ Sign paperwork after review by Housing Office.
- ☐ Sign up for communication services (read contracts carefully).
- ☐ Purchase liability and renter's insurance.
- ☐ Contact the Housing Office and utilize Fleet and Family Support Center's loan locker, thrift stores, flea markets and classic needs for household items while awaiting HHG arrival.

### ✓ MEDICAL

- ☐ Add emergency numbers to cell phone.
- ☐ Establish relationships with local medical providers.

### ✓ CHILDREN

- ☐ Have vaccination records, transcripts, PCS orders, passports and birth certificates readily available.
- ☐ Begin registration process for DODEA schools.
- ☐ Contact School Liaison Officer for information about home schooling, referrals and transition assistance.
- ☐ Visit the Child Development Center to apply and get on waitlist.
- ☐ Ensure vaccinations are current and schedule wellness exams.

### ✓ PETS

- ☐ Register pet at the veterinary clinic.
- ☐ Find Italian vet clinic that provides emergency care.
- ☐ Maintain annual rabies vaccinations during overseas tour.
- ☐ Get updated ID tags with local contact information.
- ☐ Obtain pet passport for flying with your pet within Europe.
- ☐ Purchase pet insurance (including liability).
- ☐ Purchase flea/tick preventative medication that protects against sand flies that can transmit the Leishmaniasis disease. Use either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.
- ☐ Find a boarding center or pet sitter.
- ☐ Understand and adhere to local Italian pet laws.

### ✓ PERSONAL ENRICHMENT

- ☐ Update resume and research job/volunteer opportunities.
- ☐ Visit Navy College to learn about course offerings.

### ✓ EVERYDAY LIVING

- ☐ Log important phone numbers and program cell phone.
- ☐ Start recycling according to local requirements.
- ☐ Learn basic Italian phrases or enroll in language classes on base.
- ☐ Get to know your neighbors.
- ☐ Join spouses' clubs, Italian-American clubs or other activities.
- ☐ Consider the many opportunities MWR provides to explore Sicily.
- ☐ Plan trips to explore Europe with the help of [StripesEurope.com](http://StripesEurope.com).



# Traveling to Sigonella?



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# GETTING CONNECTED

Upon arrival, getting a cell phone plan set up is vital and allows you to stay connected. The choice of service preferred by many is the pre-paid option.

## CELL PHONE SERVICE

► **Providers:** Tim, Vodafone, Wind, Ho, Iliad, Tre

► **Pre-pay option**

- No contract fees.
- Add credit in store, online, or at retail locations such as "Tabbachi" shops.

Note: you will need to bring a passport to activate any of these services.

► **Apps to communicate Internationally for free:**

- Skype
- Facebook Messenger
- What's App
- Facetime
- Google Hangouts

Note: when you arrive, put your phone on airplane mode to avoid unexpected charges.



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# EURO BANKING

Getting an account through an on-installation credit union or bank will eliminate headaches when paying bills, transferring money, making purchases, getting cash and managing funds between U.S. dollars and euros.

## ON-INSTALLATION BANKING OPTIONS

### Credit Unions

Credit unions are owned and operated by their members. Members' savings are combined to create a pool of funds from which other members can borrow. Members then reap the rewards of their pooled investment income by gaining lower loan rates, higher savings rates and additional services.

### Banks

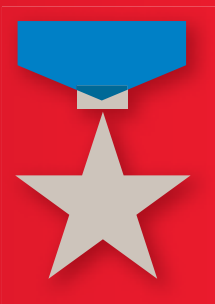
- ▶ **Bank of America** holds a contract with the Department of Defense to provide banking and financial services through approximately 67 Community Bank branch offices and 300 ATMs located around the globe.
- ▶ **Navy Federal Credit Union** also provides an interactive banking service so that you can access your account anytime, anywhere.
  - Call toll-free: 00-888-842-6328.
  - For international, call 00-703-255-8837

## CREDIT CARDS

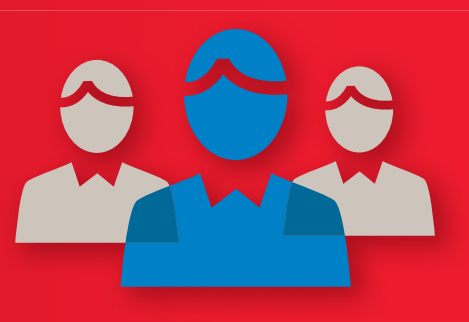
- ▶ Many Italian businesses, especially smaller businesses, do not take credit cards.
- ▶ Always carry euros when off base.
- ▶ There are sometimes transaction fees when using credit cards, so make sure you also have cash to avoid paying unnecessary fees.

## BEWARE OF FEES

- ▶ Search on and off the installation for the best ATM exchange rate at a reputable bank. Remember that transaction fees are usually added if you are not a member of the bank.



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# GETTING A RIDE



## SHIPPING YOUR VEHICLE OVERSEAS

- Ship your vehicle six to eight weeks before you PCS to ensure it gets there soon after your arrival to Sigonella.
- Decide between selling your other vehicles, keeping them in storage or leaving them with a friend or family member.
- A max of three vehicles are allowed per active duty member along with their dependents during their tour in Italy.

## GETTING YOUR ARMED FORCES ITALY (AFI) LICENSE

Call the Motor Vehicle Registration Office (MVRO) for driver's testing. Be sure to ask about test days and times.

### ► What to bring to get your AFI license:

- ✓ Current U.S. driver's license. It is highly recommended that you renew your license so that it does not expire during your tour.
- ✓ PCS orders/DOCPERS MFR (contractors)/Logistical Support Letter (DoD civilians)

## BUYING A CAR IN ITALY

You have the option to buy a new or used car from dealers and private sellers in Italy. There is no tax when buying a vehicle from another military member.

### ► Keep in mind

- Any vehicle that doesn't meet U.S. specifications (specs) cannot be shipped back to CONUS.
- Used automatic transmission vehicles may be more difficult to find and tend to be more expensive.
- Morale, Welfare and Recreation's (MWR) Auto Skills shop offers a free 30+ point assessment that will tell you everything you need to know before buying or selling a vehicle.

## MOTORCYCLES

If you want to ride a motorcycle while in Italy, you must have a motorcycle classification on your U.S. license, have an AFI license, attend a mandatory motorcycle safety course on the installation and be at least 18 years old. Motorcyclists can only operate a motorcycle of 35 kW or less.

## VEHICLE INSPECTION

Each vehicle is required to be inspected periodically depending on its age, in addition to every time the title is transferred. Ensure that your vehicle always has the required equipment at all times, not just for its inspection.

### ► Required equipment for inspection:

- ✓ Vehicle registration
- ✓ First-aid kit, warning triangle and reflective vest

## REGISTERING YOUR VEHICLE

Contact the MVRO for vehicle registration days and times.

### ► What to bring to register your vehicle:

- ✓ POV registration application
- ✓ AFI driver's license
- ✓ U.S. license
- ✓ Military ID
- ✓ Shipping document
- ✓ Proof of ownership
- ✓ PCS orders/DOCPERS MFR (contractors)/Logistical support letter (DoD civilians)
- ✓ Funds to cover the registration fee and applicable road tax for a second vehicle to include motorcycles
- ✓ Automobile insurance policy

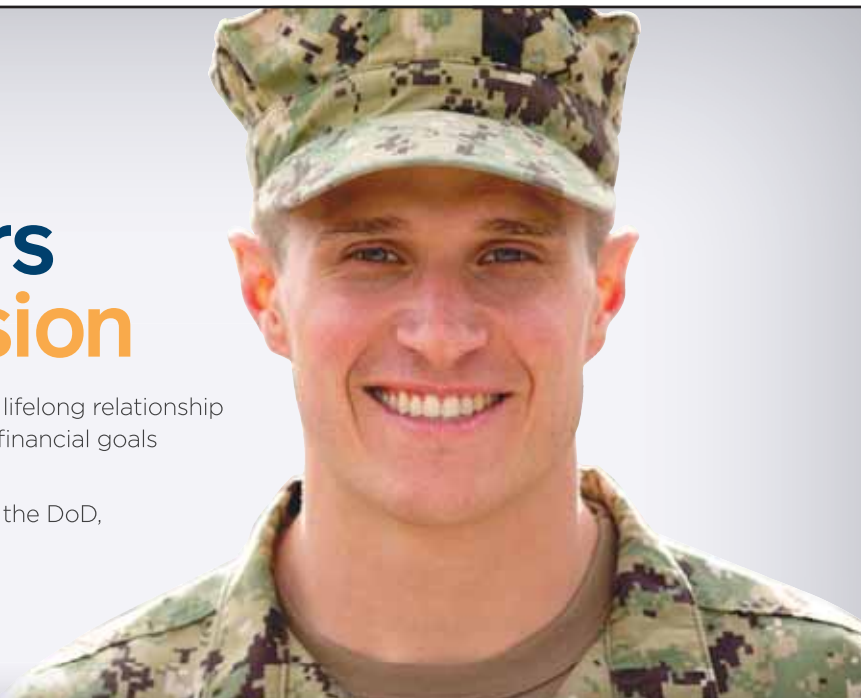
**Note:** It's always best to call the Motor Vehicle Registration Office ahead of time to ensure you're bringing all necessary documents.



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## FUELING YOUR VEHICLE

### ► Tax-Free Fuel Allowance

- A NEX-issued fuel card, which acts as a debit card linked to your personal credit card, allows U.S. and NATO forces to pay for fuel at the current tax-free price at the time of purchase.
- The vehicle's engine size, engine base, horsepower and fuel requirement determine the monthly fuel allowance.
- The NEX administers the fuel card program. You must maintain your insurance, registration, safety inspection and road taxes to continue to receive your allowance.
- If any one of these parameters are not kept current for any of your household's vehicles, you will need to correct the issue and register for a new fuel card.

### ► Where to get gas

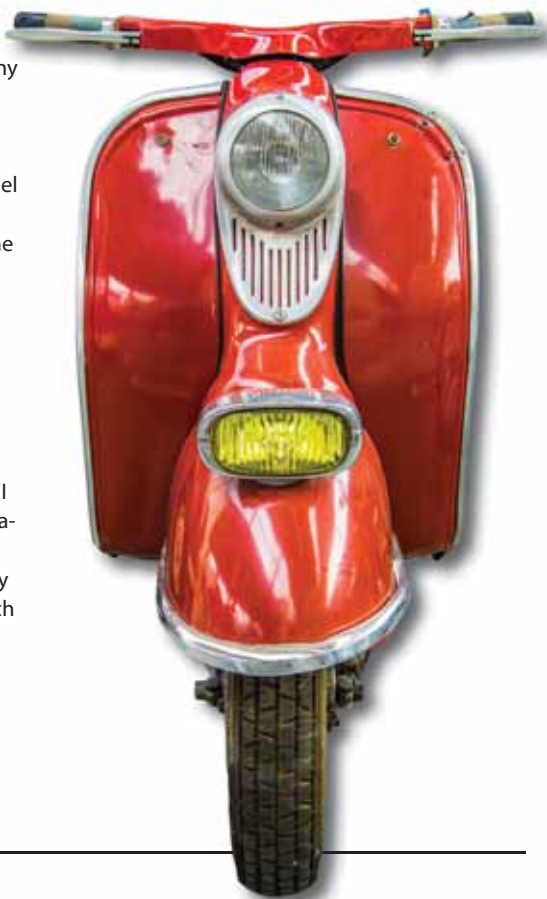
- There are no gas stations on U.S. military installations in Italy.
- Only two Italian gas station companies will

accept your fuel card: AGIP and ENI. Across Italy, there are over 4,000 locations and many near NAS Sigonella.

- Use your fuel card like a debit card at the pump. It is recommended to pre-authorize your card before filling up to ensure your fuel card will be accepted.
- At some stations, attendants will operate the card machines.
- Fill up at "Fai da te" or "lperself" pumps to avoid paying extra for full service.

## DRIVING OUTSIDE OF ITALY

Many countries will not recognize a U.S. or AFI driver's license. You will need to get an International Driving Permit (IDP) at least four weeks before traveling outside of Italy. You can apply by mail or in-person at AAA or the AATA, which are the two agencies authorized by the State Department to issue IDPs. ■



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# From HOUSE HUNTING to FINDING A HOME

It's important to be open minded as you search for your new home. Italian homes are much different, smaller and older than what you may be used to. Although the outside of an Italian home may seem a bit run down or small, always go in and take a look inside. More often than not, people are surprised with the layout and newer interior of the home.

## TYPES OF HOUSING

### Government Family Housing

- ▶ Accompanied servicemembers are mandatorily assigned to Government Family Housing located near the base.
- ▶ The government covers the expenses of rent and utilities; you will not receive any Overseas Housing Allowance.
- ▶ Request the e-Welcome Package prior to arrival and work with your assigned sponsor for your unit assignment.
- ▶ Inquire with the Housing Office regarding the Door to Door (D2D) program, a program that enables you to move directly into government quarters upon arrival. A Special Power of Attorney for your sponsor is required.

### Unaccompanied Housing Facilities

- ▶ Unaccompanied E-1 to E-4 personnel are mandatorily assigned to the Unaccompanied Housing (UH) facilities on the installation.
- ▶ Servicemembers will be assigned to their building based on duty location and room availability.
- ▶ Request the e-Welcome Package prior to arrival and work with your assigned sponsor for your room assignment.
- ▶ Inquire with the Housing Office regarding the Door to Door (D2D) program, a program that enables you to move directly into UH rooms upon arrival.



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## Economy Housing

- ▶ Unaccompanied E-5 and above, civilians/contractors and foreign nationals servicemembers are referred to the local community.
- ▶ Private homes and landlords are vetted according to established standards by the Housing Office.
- ▶ You are responsible for rent and utilities using your Overseas Housing Allowance or Living Quarters Allowance.

**Note:** It is required to bring your passport to request your "Codice Fiscale" – the equivalent of the U.S. SSN – which is mandatory for any transactions involving housing, utilities, furniture and other large purchases.

## SHOWING TOUR

- ▶ Attend the mandatory housing brief before you begin house hunting.
- ▶ Make a "wish list" of selected homes.
- ▶ Report to the Housing Office to schedule your tour.

## LEASE SIGNING

- ▶ It is mandatory for private housing leases to be signed at and through the Housing Office to receive all housing services, including OHA.
- ▶ Your housing counselor will assist you in the lease negotiation and will set up an appointment to sign the lease based on Italian law.
- ▶ Copies of the lease agreement will be provided to both parties, and one copy will be retained by the Housing Office.
- ▶ Neither the Housing Office nor the U.S. Navy is a party to the lease contract.
- ▶ Renters' insurance is highly recommended.

## UTILITIES

- ▶ Once the lease is signed, you will receive assistance for the activation of utilities.
- ▶ The Housing Office will assist and liaise on behalf of the customer with electric, gas and phone companies available in your area.
- ▶ For any utilities-related issue, the Housing Office will be your point of contact.

## HOUSING ALLOWANCES

There are a variety of housing allowances. To see which one you qualify for, consult with the Housing Office.

### Servicemembers:

- ▶ Temporary Lodging Allowance (TLA) – reimbursed while searching for a home or waiting for government housing.
- ▶ Overseas Housing Allowance (OHA) – funds for excess housing costs incurred when assigned to an overseas duty station. Servicemembers in government housing do not receive this allowance.
- ▶ Moving in Housing Allowance (MIHA) – one-time payment to fund the cost of items that may not be provided in community housing. Servicemembers in government housing do not receive this allowance.

### Civilians:

- ▶ Temporary Quarters Subsistence Allowances (TQSA) – authorized for the reasonable cost of

temporary quarters incurred for a period up to three months or a period ending with the signing of a community lease.

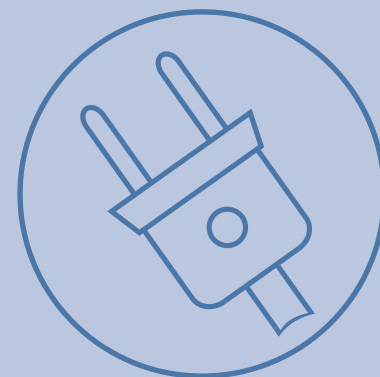
- ▶ Living Quarters Allowance (LQA) – covers the cost of privately-rented housing to include rent, electricity, gas, fuel and water.

## LOANER FURNITURE AND FULL-TOUR FURNISHINGS PROGRAM

- ▶ The Housing Office loans furniture for up to 90 days or until household good are received by family housing and private housing residents.
- ▶ Items such as appliances, transformers and wardrobes are part of the "Full Tour Supplemental Loaner Furnishings" program for private housing residents and can be kept for the entire tour.
- ▶ Consult with the Housing Office to discuss and request items you may need and set a delivery appointment.

## ELECTRONICS AND APPLIANCES

- ▶ Government housing includes outlets for both U.S. and Italian voltages.
- ▶ For private housing, you will need a power converter/transformer to use your American electronics in your Italian home. The Housing Office provides these for residents.
- ▶ The Housing Office also provides a washer, dryer, refrigerator and wardrobes. Work with the Housing Office to choose the appropriate appliances for the unit. ■



## Finding Private Housing:

- ▶ **Searching online**
    - Visit [www.homes.mil](http://www.homes.mil)
    - Make an account.
    - Look for private rentals that have been approved by the Housing Office.
- Note:** Check the site daily as houses will come and go easily – especially in August, which is peak PCS season.
- ▶ **Realtor Program**
    - If planning to live on the economy, you can also utilize the realtor program.
    - Approved realtors have background checks, have insurance and are licensed to meet Housing Office standards.
    - Approved agencies do not charge any fees to the tenants.



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---

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**SPACIOUS BEDROOMS**

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(one of our apartments is also equipped with a jacuzzi)

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---

Our stunning and peaceful oasis includes gardens and terraces with:

**SAFE AND SECURE PARKING AREA**

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We offer restaurant service (on request) to our clients.

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Pets are welcome







**D**uring your time in Italy you're going to need to see a doctor and dentist. Depending on the specialty services you might require, you may need to be referred off-installation for medical services.

### PATIENT LIAISONS

Host-nation patient liaisons act as intermediaries between patients and doctors to help facilitate the best care possible. From assisting with the language barrier and insurance forms, to providing comfort to clients, patient liaisons can help you feel at ease in the medical surroundings.

### Getting a patient liaison

► The patient liaison program is available through TRICARE (at the hospital). This program is open to all ID cardholders, including non-TRICARE members.

### EMERGENCY CARE

U.S. Naval Hospital Sigonella, located on NAS I, is where you can find emergency care.

### Be prepared

- For all emergencies—on or off base—always dial emergency dispatch at 095-86-1911.
- Off-base health emergencies will be treated at an Italian local hospital with translation services provided by dispatch.
- Always carry a list of your current medications, known allergies, as well as your insurance card, ID card and local currency.



### DENTAL CARE

The Dental Clinic on NAS II sees active duty servicemembers who are assigned to the installation. The dental clinic at the NAS I hospital can see dependents.

For information about TDP enrollment, claims or covered benefits, visit the TDP website, [www.metdental.com](http://www.metdental.com)

### Emergency Numbers in Italy

	Dial
Fire	115
Ambulance	118
Carabinieri (Italian Police)	112
Police	113



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- » MALE AND FEMALE GENITAL AESTHETIC AND FUNCTIONAL PLASTIC SURGERY
- » MAXILLOFACIAL SURGERY AND ORAL SURGERY
- » SURGERY OF THE HAND

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GPS Coordinates: 37°31'49.21" N - 15°06'30.38" E

For Appointments Call Tel. 095-712-6972 Cell. 333-220-1048

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# Life for your PETS in Italy

**If** you've brought your furry friend to Italy, you must register them at the installation's veterinary clinic within the first 10 days of arriving.

## REQUIRED VACCINATIONS AND MEDICINE

✓ **Leptospirosis:** If you haven't already, you need to get your pet a Leptospirosis vaccination as soon as possible. Leptospirosis has a heavy presence in Italy and without proper vaccination, it can cause kidney failures in pets.

✓ **Rabies:** Both dogs and cats must get an annual rabies vaccination. Pets are required to wear their rabies tags at all times to serve as a visual marker of vaccination status.

✓ **Heartworm, flea and tick:** Ensure your pets are on heartworm preventative medicine as well as flea and tick control medicine year-round. Flea/tick preventative medicines include either monthly topical products containing permethrin, or collars containing deltamethrin or flumethrin changed out every six months.

## VETERINARY CLINIC

The primary mission for the clinic is to provide full medical support for the military working dog mission and all government owned animals. The clinic strives to support the community with preventative veterinary care for privately owned animals.

## ITALIAN VETERINARY CLINICS

Taking your pet to an Italian veterinarian clinic is recommended for emergency and specialty needs for your pet. Italian veterinary clinics are important to be registered with for health issues that go beyond what the base vet clinic can treat. Contact the veterinary clinic for a list of local Italian vet clinics.

## ITALIAN PET REGULATIONS

- ▶ Animals must never be left tied up and unattended to.
- ▶ Pets must be leashed every time you walk them.
- ▶ Shelter must always be provided for your pet.
- ▶ Cats must be kept indoors at all times.
- ▶ Food and water must always be easily accessible for your pet.
- ▶ Every pet must have the international microchip. This is also a form of identification if they are ever lost and brought into a vet clinic.
- ▶ "Choke chain" or pinch collars are illegal in Italy and use of these types of collars is subject to a fine.

## TRAVELING WITH YOUR PET

### Requirements:

- ✓ All pets must have their 15-digit international microchip.
- ✓ Rabies vaccination must be up to date and given after the international microchip was implanted.
- ✓ EU Pet Passport must be with you and your pet at all times when traveling.
- ✓ Muzzles must be carried (not worn) for all dogs when in public.
- ✓ Animals must be contained while riding in vehicles (carrier or harness).

## TRAVELING WITHOUT YOUR PET

If you plan on getting traveling done while in Italy, there may be some trips where your furry friend can't tag along. Once you register your pet at the installation's vet clinic, they can provide a list of local boarding facilities. ■



**EVERYTHING FOR CARE AND SHIPPING OF YOUR PETS!**

**CONTACTS AND SOCIAL**

 [www.facebook.com/Care&Move4Pets/](http://www.facebook.com/Care&Move4Pets/)  
 [www.Care-Move4Pets.com](http://www.Care-Move4Pets.com)  
 mobile: 345 239 2093  
 email: [info@care-move4pets.com](mailto:info@care-move4pets.com)



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GROUND TRANSPORTATION
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- 03 DOOR TO DOOR SHIPPING
- 04 TRAINING/PUPPY CLASSES/  
BASIC-ADVANCED OBEDIENCE/  
CLICKER TRAINING/DOG SPORTS
- 05 PET THERAPY / BOXER AND  
LABRADOR BREEDER
- 06 ASSISTANCE FOR FIXING VET  
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# Adjusting your KIDS to Italy

**M**oving to Italy is a big change for the entire family. Children certainly feel this impact as they leave behind familiar schedules, classrooms, friends and neighborhoods. Here are ways to make the transition as smooth as possible for your kiddos.

## ESTABLISH ROUTINES

The importance of routines in child development should not be overlooked. Establishing routines will help children handle the additional emotional and environmental changes as you get settled.

- ▶ Set sleeping schedules right away.
- ▶ Rehearse school or daycare routines.
- ▶ If possible, take your children to their daycare or school to meet caregivers or teachers in advance.
- ▶ Make sure your routine includes time for your children's favorite activities.

## INVOLVE YOUR KIDS

Include your children throughout the transition. Even for toddlers, give them tasks and roles to instill a sense of responsibility and increase self-confidence.

- ▶ Let them help unpack and give them freedom to organize their living space.
- ▶ Schedule social time with classmates and new neighbors.



- ▶ Sign your children up for after-school activities.
- ▶ Contact the School Liaison Officer (SLO) to request student sponsors.

## EXPLORE ITALY

- ▶ Maintain an enthusiastic outlook about your arrival in Italy, even if you are having doubts. Your children will look to you a great deal during this transition. If you're upset, they will be too.
- ▶ Eat meals on the economy, attend local fests and learn about Italian traditions. Address the differences between life in Italy versus back home, but move conversations in a positive direction. Your children will gain an appreciation for diversity while exploring.
- ▶ Enroll your children in Italian lessons, schools or day care.
- ▶ Explore the best of Europe by letting your children assist in trip planning, researching and selecting sites or activities they would enjoy. Take photos and work together to create scrapbooks, photo albums, calendars, collages and other creative projects.





## MARINAI RESIDENCE

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Housing complex of 526 two-storey family housing units  
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3-4 bedroom units, 160-170 sq.m., double voltage 110/220V,

HVAC at each floor and household appliances

security fence, support facilities, recreational and sport areas

(baseball, soccer, basket, tennis, dog parks,

playground for kids and outdoor fitness equipment.)

Community Center with bar, pizzeria, restaurant, beauty

salon, local produce market, pre-school and

baby-sitting service.



Pizzarotti Office

Viale Sigona (next to secondary gate)

0039 095 5183 394 - 0039 342 347 1370

email: [marinair Residence@pizzarotti.it](mailto:marinair Residence@pizzarotti.it)

Facebook page: Marinai Residence





## REMAIN IN TOUCH WITH LIFE BACK HOME

While adjusting to everything new, don't forget about life back home. Set regular video chat or phone call dates with family and friends. If your children are allowed online, encourage them to utilize social media and email to stay in touch with friends or have them send postcards from the destinations they visit. Continue the traditions that are important in your family, while creating new ones during your time in Italy.

## EXPECT AN ADJUSTMENT PERIOD

Give your children time to process all of the changes, both good and bad, that come with their new environment. Be aware

of expat child syndrome, a psychological condition that typically occurs in children ages 10 to 15 and can lead to isolative or unruly behavior.

### Resources

- Family Life Counselors (MFLCs) - Free non-medical sessions with child behavioral specialists are anonymous and may occur in individual, couple, family or group settings.
- School Liaison Officer (SLO)
- Adolescent Support and Counseling Services (ASACS)
- Military OneSource - 12 free sessions may occur in individual, couple, family or group settings



## CHILD EDUCATION

Department of Defense Education Activity (DoDEA) school is located on NAS I and educates children from the ages of pre-K through high school. The Sure Start pre-K program gives priority enrollment to children of servicemembers whose rank is E-1 to E-4, GS-1 to GS-4 or NAF-1 or NAF-2. Start communicating early on with DoDEA or the SLO to begin the enrollment process for your school-aged children.

## DODEA SOUTH

- Enrollment requirements:  
[www.dodea.edu/registration-process.cfm](http://www.dodea.edu/registration-process.cfm)
- Documentation needed:
  - ✓ PCS orders
  - ✓ Page 13 from PSD to show child's command sponsorship
  - ✓ Certificate or passport for each child
  - ✓ Immunization records
  - ✓ Records from previous school
  - ✓ Valid ID card from parent

- Visit [www.DODEA.edu/DORS](http://www.DODEA.edu/DORS) for online registration
- School Liaison Officer (SLO): invaluable resource during transition; [www.dodea.edu/Europe/resources/slo.cfm](http://www.dodea.edu/Europe/resources/slo.cfm)

## HOME SCHOOLING

Home schooling is a legal option open to all SOFA sponsored active-duty military, DoD civilians and contractors. Your children may be eligible for auxiliary services offered by DoDEA-Europe. Contact the SLO for more information and to connect with homeschool groups.

## CHILD CARE

Many programs are available through Morale Welfare and Recreation (MWR) services. Contact MWR to enroll. Note that waitlists are probable, so get started early!

- Child Development Center (CDC) – These centers offer weekday childcare

for children ages 6 weeks to 5 years or pre-school.

- School-Age Programs (SAP), Youth Programs, Teen Programs – Offered for children in kindergarten through high school, these programs focus on a variety of enrichment activities. Before- and after-school care is available, as well as activities on holidays and during summer break.
- Check with MWR for specific registration information.

## PARENT SUPPORT

Being a parent isn't always easy, especially when placed in a new environment. Many on-installation and private resources are available for you, such as Fleet and Family Support Center, Morale, Welfare and Recreation or spouses' clubs. Also, look for community websites and social media resources to find support and friendship. ■



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L'angolo di DoDò



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A woman with dark, curly hair and a bright smile is holding a white rectangular sign in front of her. She is wearing a black spaghetti-strap top and dark jeans. The background is a solid yellow color. To her right, the words 'PERSONAL ENRICHMENT' are written in large, bold, black capital letters, with a teal horizontal bar behind the word 'PERSONAL'.

# PERSONAL ENRICHMENT

Career?  
Volunteer?  
Degree?

**U**nderstanding the SOFA agreement between the U.S. and Italy will set realistic expectations for career opportunities during your time in Sigonella. The only job opportunities for dependents can be found on the installation, as dictated by the SOFA. Job openings are fairly limited, so it is important to start looking for job opportunities before PCSing and soon after you arrive.



*Immersed in green and maximum tranquility the “Gelso Bianco” hotel is located at the entrance to the CT-PA motorway, and near the ring roads linking up with the CT-SR highway and the CT-ME motorway. It is also a short distance from Fontanarossa Airport, and thus is an ideal position for those who come to Sicily for business as well as for pleasure.*



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## CAREER OPPORTUNITIES ON-INSTALLATION

- **Civilian GS Positions:** Full-time, appropriated fund positions periodically become available at various commands on the installation. It is suggested to regularly search [www.usajobs.gov](http://www.usajobs.gov) for new openings.
- **NAF Positions: Non-appropriated fund (NAF):** Positions support installations through services in Morale, Welfare and Recreation (MWR) and Fleet and Family Service Center (FFSC). Hours range from regular, full-time to flexible part-time with varying employment benefits. Search [www.usajobs.gov](http://www.usajobs.gov) for new openings.
- **DoDEA-Europe:** These schools offer full-time positions, substitute teachers, administrative staff and educational aids. Visit [www.dodea.edu/Europe/offices/hr](http://www.dodea.edu/Europe/offices/hr)
- **Navy Exchange (NEX):** Apply at <https://www.mynavyexchange.com/nex/work-for-us>
- **Defense Commissary Agency (DECA):** Jobs at commissaries.
- **Non-profit organizations:** The USO, Navy Marine Corps Relief Society, and American Red Cross all have offices on base. They periodically hire full- and part-time employees.
- **Defense Contractors:** Job opportunities in technology, management, accounting and administration are available with contracting firms. Contact the Contracting Department for more information.

**Note:** Check websites and offices for new openings frequently – a job can be posted one day and stay posted for only 48 hours. Contact the Fleet and Family Support Center's Employment Specialist for Sigonella employment assistance.

## VOLUNTEERING

With limited employment options for dependents at Sigonella, many choose to volunteer at organizations on base to apply their skills, give back to the community and add to their resumes.

Volunteering can even help you gain experience and network to land a paid position in the future.

### Start making connections

- Visit FFSC, MWR, the American Red Cross and the USO.
- Reach out to various offices on the installation that align with the career field you're interested in. It's possible that they need volunteers or are willing to let people shadow them.





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- // 50 locations throughout Europe and the Middle East, 7 sites in Italy
- // Personalized on base services and advising



UMGC was named the top public university in the *Military Times* Best for Vets: Colleges 2020 ranking of online and nontraditional schools.

Contact your local UMGC office on base at the Sigonella Navy College Office to get started or visit **EUROPE.UMGC.EDU**

**ENROLL NOW** for on-site, online, hybrid, and unit classes that fit your schedule.

## OUR WELCOME GIFT TO YOU

Attend our Introduction to UMGC Europe webinar and have your \$50 application fee waived. Learn more at **[europe.umgc.edu/events](https://europe.umgc.edu/events)**.







## EDUCATION

Taking the time to advance your education can help you excel in the future. Educational opportunities on the installation come with a variety of programs at universities partnered with the DoD.

- **University of Maryland Global Campus:**  
<https://www.europe.umgc.edu/>  
Offers a variety of undergraduate and graduate degrees as well as associate, bachelor's, master's and doctoral programs. Online, face-to-face and hybrid courses.

- **Central Texas College Europe:**  
[www.ctcd.edu/locations/Europe](http://www.ctcd.edu/locations/Europe)  
Offers primarily associate degrees and practical training. The Advanced Skills Education Program develops leadership qualities within noncommissioned and junior officers. Face-to-face and online classes.

- **Embry-Riddle Aeronautical University:**  
<https://europe.erau.edu>  
Offers certifications, undergraduate and graduate degrees. Face-to-face and online courses.

## OTHER PERSONAL ENRICHMENT AVENUES

- Take Italian classes and explore Sicily outside the "triangle" to enjoy the culture.
- Start DIY projects you've always wanted to do.
- Spend time in the gym and establish healthy habits.
- Travel, travel, travel! Living in Italy means traveling between other European countries is easier than ever.
- Start a blog – whether it be travel, fitness, military living, etc. Contribute your articles to [www.europe.stripes.com](http://www.europe.stripes.com) for a chance to get published online and in various magazines.

Find what works for your goals and dreams - whether you land a great job, volunteer with an amazing organization, further your education or find other ways for personal enrichment. What matters is utilizing your time in Italy to benefit your future to the best of your ability. ■



**New Hope**  
Christian Center  
Military and Multi-Cultural Ministry  
*Full Gospel, Spirit-Filled Fellowship!*

### Services:

Worship - Sunday @ 11:00 am  
Bible Study\* - Wednesday @ 6:30 pm  
\*Youth activities available for all ages.

### Location:

SS192 adjacent to 205 Housing outside of NAS 1  
Services streamed live via Facebook!  
Search for New Hope Sigonella!



### Ministries:

Women's Fellowship  
Men's Fellowship  
Children's Church  
Singles' Fellowship  
Teen Choir

### Contact:

Pastor Andrew Provazek  
342-569-3614  
Email: [agprovazek@gmail.com](mailto:agprovazek@gmail.com)  
Website: [www.newhopesigonella.com](http://www.newhopesigonella.com)

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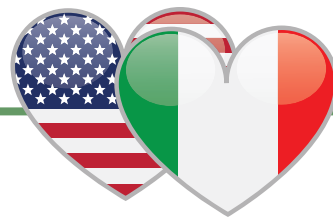


**LORENZO 347 668 6878**

 **americanmuscle64@gmail.com**

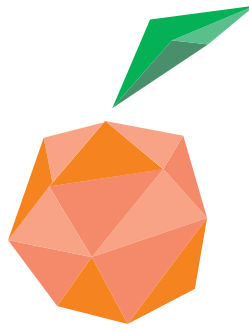
 **We are located on the SS192 next to  
the Eni Gas Station between  
NAS 1 and NAS 2**





## LIVING LIKE A **LOCAL**

**A**s things start to settle down with your move to Sigonella, it's best to immerse yourself into the culture as soon as you can. It may seem intimidating at first, but with the installation's resources, understanding Italian culture and learning easy Italian phrases — you'll be adjusted in no time!



# *Arancia sicula*

## Local Market



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**BOOK YOUR SANDWICH IN A FEW SECONDS**

<https://menuof.com/site/arancia-sicula/app>

**Tricolore**

Soft bread, lettuce, mozzarella, tomatoes, eggplants, turkey, olives mayo, Bbq sauce, oil, salt, black pepper



## Nevada



*Arancia sicula*  
www.arancia-sicula.com

Turkey  
Lettuce  
Olives  
Spicy bacon  
Baconnaye  
Pistachio cheese  
Dry tomatoes  
Oil, salt, pepper

## Business man

Chicken, dry tomato, salad, bell pepper, spice mushrooms, eggplant, buffalo mozzarella



**FREE Delivery Service in Marinai, NAS2**



**Open every day from 8 am to 6 pm**

**Saturday from 9 am to 5 pm**

**Sunday closed**

**SERVICE: FRESH FRUIT EVERY DAY, EGGS, WINE,  
MIXED BASKET EVERY WEDNESDAY**

**Marinai Residence 095 5183324**



**353 342 5326**



## WELCOME ORIENTATION

During base indoctrination, the FFSC will take you on an intercultural relations trip to the nearby city of Catania and town of Motta Sant'Anastasia. You may stop in a restaurant, grocery store, market or other shops. The goal is to show you the ins and outs of how to order food and drinks, make purchases in stores and embrace the Italian culture overall. Consult with FFSC about other area orientation classes such as the New Spouse Orientation and ICR (Inter-Cultural Relations) Follow Up.

## EVERYDAY LIFE IN ITALY

### ► Dining

- Water is served in bottles only: still or sparkling.
- Expect meals to last at least two hours.
- Lunch times are around noon to 2:30 p.m.
- Dinner times start around 7 p.m. and may stay open until midnight.
- Restaurants close between lunch and dinner.
- Be sure to ask for the check.
- Most times, you pay at the register.

### ► Shopping

- You'll need a 50 cent or 1 euro coin to

insert into shopping carts for use.

- Weigh your produce before checking out.
- Bring reusable bags for your groceries.
- If you forget a bag, you'll need to pay for one at the register.
- Many shops close for "riposo" which tends to take place between 1 p.m. and 4 p.m.

### ► Driving

- Italians tend to drive faster and more aggressively than what U.S. drivers are used to.
- Don't attempt to drive like the Italians to keep up with their pace.
- Italians do not consider it rude to tailgate. Don't get upset when they're tailgating you – however, don't form a habit of trying to tailgate them back.

## AMICI PROGRAM

Visit the Fleet and Family Support Center for information on their "Amici" program. This program connects servicemembers—single or with families—to their Italian counterparts. The goal of this program is to bring people with similar life situations together to experience full immersion in Italian culture.



## RECYCLING IN ITALY

Recycling is a requirement in Italy. Each town has different trash and recycle pick-up schedules — so be sure to ask your landlord, neighbors or the Housing Office for information.

### ► Here's a clear list of what to recycle:

#### Paper

Boxes (from cereal boxes to shoe boxes)  
Cardboard  
Envelopes  
Paper  
Paper bags  
Reading materials (paperback books, newspapers, magazines, catalogs, mail)  
Wrapping paper

#### Non-paper Packing Material

Aluminum foil  
Bottle tops  
Jar lids  
Metal cans/packaging  
Net bags for produce  
Plastic bags (storage bags, bags that

food comes in, grocery bags)  
Plastic bottles/cartons  
Styrofoam

#### Biodegradables/Compost

Branches  
Bread  
Egg shells  
Flowers/plants  
Fruit  
Hay and straw shavings  
Nutshells  
Paper towels  
Tea bags  
Untreated wood  
Vegetables  
Wood chips

#### Residual

Ashes  
Cat litter  
Diapers  
Feminine products  
Kleenex  
Meat (including bones)  
Mirrors  
Non-packaging metals/plastics

Seafood (including shells)  
Soiled paper products  
Vacuum cleaner bags

#### Glass

White, clear, green, brown, blue and other colored glass  
Drinking glasses  
Non-returnable glass jars/bottles  
Other glass packaging  
\*No ceramics, porcelain, at glass or metal/plastic lids

#### Bulk and Hazardous Waste

Batteries/chemicals/detergents/pesticides  
Construction waste  
Cooking oil  
Electronics  
Furniture  
Large branches  
Lightbulbs  
Mercury thermometers  
Other oils  
Paint  
Scrap metal  
Tires  
Trees



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# USEFUL ITALIAN PHRASES

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appreciate that you are  
attempting to speak  
their native language.  
Remember, practice  
makes perfect!

## SALUTATIONS

Hi .....	Ciao
Goodbye .....	Arrivederci / Addio
Bye .....	Ciao
Good morning .....	Buongiorno
Have a good day .....	Buona giornata
Good afternoon .....	Buon pomeriggio
Good evening .....	Buonasera
Have a good evening .....	Buona serata
Good night .....	Buona notte
See you soon .....	A presto

## POLITE EXPRESSIONS

Please .....	Per favore
Thank you .....	Grazie
You're welcome .....	Prego
Yes .....	Sì
No .....	No
Yes, please .....	Sì grazie
No, thank you .....	No, grazie
How are you? .....	Come stai?
What's going on? .....	Cosa sta succedendo?
Very good .....	Molto bene
I'm OK .....	Sto bene
I'm sorry .....	Mi dispiace
Excuse me .....	Scusami
That's fine .....	Va bene
Of course .....	Ovviamente
Don't worry .....	Non ti preoccupare

## ASSISTANCE OR CLARIFICATION

Can you please help me? .....	Potete per favore aiutarmi?
Pardon me? .....	Scusami?
Excuse me? .....	Scusami?
I understand .....	Capisco
That sounds good/All is good .....	Suona bene / Tutto va bene
Exactly .....	Esattamente
I don't understand .....	Non capisco
I don't know .....	Non lo so
I speak English .....	Io parlo inglese
I don't speak Italian .....	Non parlo italiano
I speak a little Italian .....	Parlo un po' di italiano
My Italian is bad .....	Il mio italiano è cattivo
What's that called in Italian? .....	Come si chiama in italiano?

How do you say "_____" in Italian? .....	Come si dice "_____" in italiano?
What does "_____" mean in English? .....	Cosa significa "_____" in inglese?
Do you speak English? .....	Parli inglese?
Please write it down .....	er favore scrivilo

## DINING

I'd like to reserve a table .....	prenotare un tavolo
My name is _____ .....	Il mio nome è _____.
I have a reservation .....	Ho una prenotazione
I would like _____ .....	Mi piacerebbe
I would like to pay, please .....	Vorrei pagare, per favore
Check, please .....	Controlli, per favore
Keep the change .....	Tieni il resto
Waiter/waitress .....	Cameriere cameriera
Menu .....	Menu

## SHOPPING

How much does this cost? .....	Quanto costa questo?
Do you have _____? .....	Hai _____?
How much? .....	Quanto?
What is this? .....	Cos'è questo?
Do you have this in size _____? .....	Hai questo in size _____?

## TRAVEL

Hotel .....	Hotel
Room .....	Camera
Train station .....	Stazione ferroviaria
Main train station .....	Stazione ferroviaria principale
Subway .....	Metropolitana
Airport .....	Aeroporto
ATM .....	ATM
Gas station .....	Stazione di servizio
When is the next train to _____? .....	Quando è il prossimo treno per _____?
When does the train leave? .....	Quando parte il treno
Where is _____? .....	Dov'è _____?
North .....	Nord
South .....	Sud
East .....	Est
West .....	Ovest
Left .....	Sinistra
Right .....	Destra
Straight ahead .....	Sempre dritto

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# LEARNING THE LANGUAGE

**A**lthough the basics are great – nothing beats hearing the language spoken well. Make the most of your tour in Italy by trying to learn the language.

► **Google Translate App**

This app allows you to “say” the word in Italian and hear how it is pronounced. You can also turn on the image feature and hover your phone over the Italian text to translate in real-time to English without typing each word.

► **Italian Language Classes**

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# RESOURCES

## ITALY PUBLIC HOLIDAYS 2020

- 1 January**  
New Year's Day
- 6 January**  
Epiphany
- 12 April**  
Easter Sunday
- 13 April**  
Easter Monday
- 25 April**  
Liberation Day
- 1 May**  
International Workers' Day
- 2 June**  
Republic Day
- 15 August**  
Assumption Day
- 1 November**  
All Saints' Day
- 8 December**  
Immaculate Conception
- 25 December**  
Christmas Day
- 26 December**  
St Stephen's Day

## WOMEN'S SIZES

### Shoes

US .....	EU
5 .....	35-36
5.5 .....	36
6 .....	36-37
6.5 .....	37
7 .....	37-38
7.5 .....	38
8 .....	38-39
8.5 .....	39
9 .....	39-40
9.5 .....	40
10 .....	40-41
10.5 .....	41

### Dresses/Shirts/Pants

US .....	EU
2 (XS) .....	32
4 (XS/S) .....	34
6 (S) .....	36
8 (M) .....	38
10 (M) .....	40
12 (L) .....	42
14 (L-XL) .....	44
16 (XL/1X) .....	46
18 (1X-2X) .....	48-50
20 (2X) .....	50-52

### Bras (Cups AA-E)

US .....	EU
32 .....	70
34 .....	75
36 .....	80
38 .....	85
40 .....	90
42 .....	95
44 .....	100
46 .....	105

## MEN'S SIZES

### Shoes

US .....	EU
8 .....	41
8.5 .....	42
9 .....	43
10.5 .....	44
11.5 .....	45
12 .....	46
13 .....	47
14 .....	48

### Suits/Coats

US/UK .....	EU
36 .....	46
38 .....	48
40 .....	50
42 .....	52
44 .....	54
46 .....	56
48 .....	58

### Pants

Inches .....	CM
28 .....	71
30 .....	76
32 .....	81
34 .....	86
36 .....	91
38 .....	97
40 .....	102

## CHILDREN'S SIZES

### Clothing

US .....	EU/UK
2T .....	92
3T .....	98
4 .....	104
5 .....	110
6 .....	116
6X .....	122
7 .....	128
8 .....	134
9 .....	140
10 .....	146
11 .....	152

### Shoes

EU .....	US
11 .....	28
12 .....	30
13 .....	31
1 .....	32
2 .....	33
3 .....	34
4 .....	36
5 .....	37
6 .....	38
7 .....	39
8 .....	40
9 .....	41

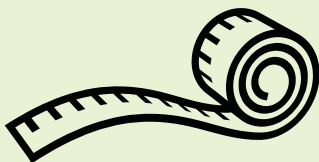
## INFANT SIZES

### Clothing

US .....	EU/UK
NB .....	56
3 MO .....	62
6 MO .....	68
9 MO .....	74
12 MO .....	80
18 MO .....	86

### Shoes

US .....	EU
0 .....	15
1 .....	16
2 .....	17
3 .....	18
4 .....	19
5 .....	20
6 .....	22
7 .....	23
8 .....	24
9 .....	25
10 .....	27



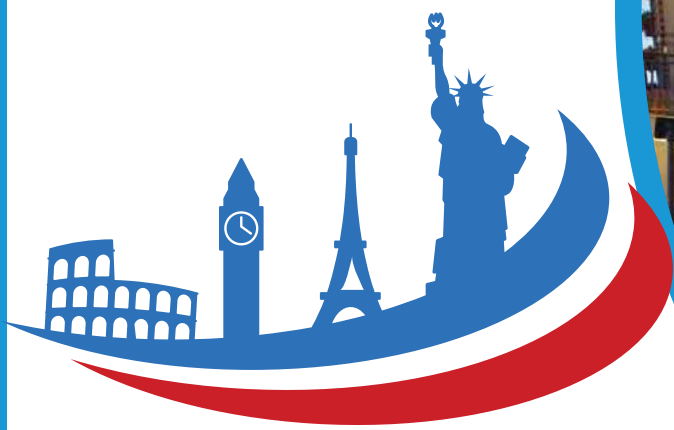
## LENGTH

- 1 kilometer - ..... 0.6 miles
- 1 meter = ..... 3.3 feet
- 1 centimeter = ..... 0.39 inches



## WEATHER TEMPERATURE

°C .....	°F
0 .....	32
5 .....	41
10 .....	50
15 .....	59
20 .....	68
25 .....	77
30 .....	86
40 .....	104
50 .....	122



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Via Enrico Toti 9, Motta S. Anastasia, CT







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# Sicily

Sicily is an island lying outside time, where past events endure in an external present, a beach on which the tides of successive civilizations have heaped in disorder their assorted treasure."

**Pino Caruso**





## Egadi Islands

Marettimo  
Levanzo  
Favignana

## Lipari Islands

Stromboli  
Panarea  
Salina  
Lipari  
Vulcano  
Filicudi  
Alicudi





# GET TO KNOW

YOUR NEW  
HOME



## CATANIA

The ancient port city of Catania is situated at the foot of Mount Etna. This city is filled with shops housing the finest Italian fashion, restaurants, a fresh food market that's open daily and hidden alleyways worth discovering. With Mount Etna commanding the sky and an abundance of history waiting to be uncovered, Catania is a city you will come to love.



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# Day Trip from Sigonella

# Charming Catania

By Karen Bradbury

Catania traces its earliest history back to the year 729 B.C., when Greeks who had already settled to the north founded Katane. Through the years, the city in the shadow of Mount Etna has alternately prospered and met with devastation. An earthquake in 1169 led to thousands of deaths, and another in 1693 destroyed much of the city. Catania owes its unique present-day appearance to 18th century reconstruction in a Baroque style making extensive use of lava rock. With a population of around 310,000 inhabitants, today it's Sicily's second-largest city after Palermo and can be enjoyed in one day.





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## Catania Cathedral

Dating back to close to a millennium is Saint Agatha's Cathedral, named in honor of a teenage girl of high birth who underwent many horrific tortures for refusing to recant her Christian beliefs and was martyred in 251. Destroyed by the 1693 earthquake and reconstructed in the mid-18th century, the cathedral's most impressive sights include its striking gray and white lava and lime-stone façade, a medieval Roman sarcophagus containing the ashes of Aragonese kings and in the sacristy, a portrayal of the 1669 eruption of Mount Etna. From Feb. 3-5 each year, the city's patron saint is venerated as part of one of the largest religious festivals in all Sicily. The bust of Saint Agatha and her relics are placed in an ornate cart which is pulled through town by her devotees.



## Fontana dell'Elefante

The city's most charming monument is found on the Piazza del Duomo, where an elephant carved of black lava appears to wear a smile on its face. Nicknamed Liotru by the locals, he's one of the most recognizable symbols of the city. Mystery and legend surrounds the elephant's origins. One story holds the statue was the work of an 8th century nobleman who turned to the making of idols. The statue was restored by famed architect Giovanni Battista Vaccarini between 1735 and 1737, who added an Egyptian-styled obelisk to the elephant's back. As to why the elephant's trunk points directly to the Cathedral of Saint Agatha is another matter of speculation, with some suggesting its magical powers could shield the city from the eruptions of Mount Etna.



## La Pescheria fish market

For fresh fish and foods of all kinds, head to this market where all manner of sea creatures and fresh food await purchase and transformation into a tasty meal. Nearby seafood restaurants offer a mouth-watering selection of squid, tuna and sea bass along with a variety of shellfish. Osteria Antica Marina, smack-dab in the middle of the market, is popular with locals and tourists alike.



## Via Etnea

The city's main shopping drag runs from Piazza del Duomo to the foothills of the mountain for which it takes its name. By day, it buzzes with shoppers in search of the latest fashions or a bargain too good to pass up, while in the evening hours, strollers enjoying their "passeggiata," leisurely-walk, are out in force. Serving as an oasis to all that is the Giardino Bellini, where shaded benches invite travelers to rest their weary feet. Just across from this pleasant park is found the Pasticceria Savia, known for its rendition of the shaved ice dessert, "granita," as well as the fast food that's been around for centuries and the topic of our last tip.

## A famous street food

One of the stars of Catania's informal dining scene is the "arancino," a conical ball of rice that's been breaded and fried. Its most typical filling is ragu, a tomato, meat and pea sauce, but other variations are popular as well, to include eggplant (these are called Norma), mushrooms, sausage and pistachio. This Sicilian staple is the topic of a longstanding language dispute. While residents on the eastern side of the island use the masculine form of its name, ending with an "o," Sicilians to the west refer to it in the feminine, "arancina." ■

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# Weekend Trip:

## Enjoy Roman Villas, Agrigento and Turkish Steps

Piazza Armerina

By Stacy Roman



Romana del Casale

Now that the jetlag has worn off, newcomer's orientation has been completed and you're down to a handful of sealed boxes in the maelstrom of paper and cardboard, why not take a break and hit the road? One of the best things about exploring an island is if you get lost, you'll eventually find your way back home. Full of rich history, spectacular views and, of course, delicious food, Sicily is the perfect place to explore. Grab your keys and discover these amazing spots in your new backyard.

### Piazza Armerina and Villa Romana del Casale

(1 hour, 20 minutes)

Approximately 75 kilometers west of Sigonella, in the heart of the island is Piazza Armerina. With an imposing Duomo piercing the skyline, it's worth exploring the narrow alleys leading up to the impressive cathedral. Enjoy a cappuccino and cornetto from a sidewalk cafe before jumping back in the car and heading a few more kilometers east.

A short 15-minute jaunt from Piazza Armerina are the impressive remains of an ancient Roman getaway, Villa Romana del Casale. First excavated in the 19th century, more than 3,500-square-meters of exquisitely detailed mosaic flooring has been unearthed. A designated UNESCO World Heritage Site, the villa is thought to date back to the Imperial Age, at the height of the Roman Empire. Columns

and crumbling walls outline the exterior of the villa. Although the area was subject to devastating flooding and mudslides in the 11th century, the mosaics and floors survived without much damage.

### Agrigento

(1 hour, 40 minutes from Villa Romana del Casale)

Once you've explored the remnants of the beautiful villa, hop back in the car and drive through the scenic Sicilian countryside toward the southwestern shore to the city of Agrigento. Nestled on a hilltop overlooking the sea, at first glance, the town doesn't look like much. Resembling a concrete jungle from the outset, the city center is home to a beautiful Medieval town center. Harkening back to its history as a wealthy Greek colony, the influence of Greek culture can be seen and felt around every corner—including just down the road at the Valley of the Temples.



Agrigento

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**Oro dell'  
etna**

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Just a mere 3 kilometers south of Agrigento is one of Sicily's most-visited attractions, Valle dei Templi, or Valley of the Temples. The behemoth archeological site lies on the prehistoric city of Akragas. Visitors can explore the Temple of Concordia, which is surprisingly intact with imposing columns rising around 17-meters tall. Other temples include Temple of Heracles, Juno, Asclepius and more. Visitors can also stroll through the lush olive and citrus groves which took root in an ancient Greek swimming pool.

## Scale dei Turchi and Realmonte

(20 minutes from Agrigento)

The Turkish Steps, or Scala dei Turchi, are steeped in rich pirate lore. As local legends recall, Turkish pirates would anchor their ships off the coast, which were hidden due to the step. They would use the naturally formed stairs to sneak into the villages atop the cliff, and carry out their plundering and pillaging before retreating back to their ships.

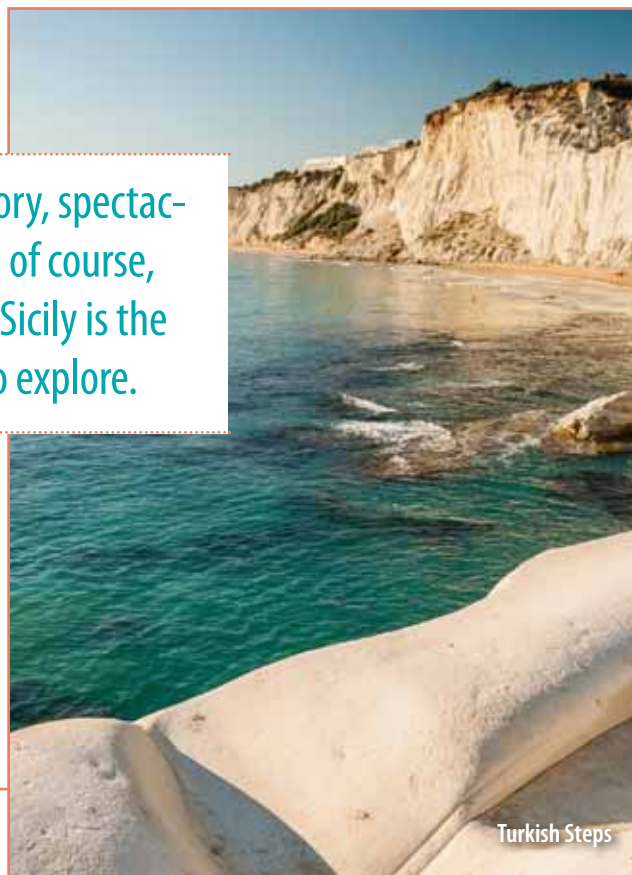
Nowadays, the Turkish Steps draw curious tourists and sunbathers. From afar, the stairs look as though they've been molded out of clay. Created over centuries due to erosion, wind and rain, the brilliant white hue of limestone and marl is a breathtaking contrast to the jewel-toned turquoise and blue water below. Golden, sandy beaches surround the steps on either side of the cliff.

If the steps are a bit crowded, or you've had your fill of vitamin D for the afternoon, head into the nearby town of Realmonte. Home to one of the most unique churches in Sicily, descend into a halite mountainside to discover the Church of the Realmonte Salt Mine. The "Cathedral of Salt" is carved entirely out of salt, including the crucifix, altar and bishop's seat. Nearby above ground, are the remains of an 1,800-year-old Roman villa. Discovered in the early 20th century, the once opulent home covers more than 5,000-square meters. Intricate mosaic floors and marble have been uncovered, along with columns and collapsing wall remnants distinguish rooms from one another.

With a fascinating and vibrant history, Sicily is home to jaw-dropping historical sites, post-card-worthy panoramas and amazing culture. While it can be tempting to stay inside your comfort zone, there's a fantastic world waiting for you. Grab your keys, sunscreen and explore the beautiful host country around you. ■



Full of rich history, spectacular views and, of course, delicious food, Sicily is the perfect place to explore.



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J.W. Goethe



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# Indulge in a long weekend to Marsala

By Jessica Zen



From the towering mountains in the northern Tyrol region to the glittering ocean beaches on the southern islands, Italy is truly a stunning and vast country. Start your Italian adventure close to home and make your way across Sicily to the northwestern side of the island to Marsala, the perfect location for a long weekend.

Marsala packs a punch with a plethora of things to see and do. Start in the center of the town at Piazza della Repubblica, the main square. Your eyes will be drawn to the Chiesa de San Tommaso. This cathedral was built around 1176 and features a Baroque façade with two bell towers. Inside you'll find ornate statues, a marble altar and baptismal font, religious art and a large organ. Next, wander towards Palazzo VII Aprile, the city council palace. It was completed in the 15th century and now features a large clock with Roman numerals and a bell.

Then, head to Porta Garibaldi, a large arch that opens into the town. It is part of the remains of what was once a complex defensive system of walls and gates. This is where Giuseppe Garibaldi and the Thousand entered the city in 1860 and began the unification of Italy. The arch features intricate stonework with Latin inscriptions and inlets with statues.

After you've explored the town, get ready for some fabulous food and wine at Baglio Oneto. Plan for a relaxing afternoon of wine tasting and touring this family estate. Begin your

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🌐 [www.agriturismooasidifrancesca.it](http://www.agriturismooasidifrancesca.it)



## Enjoy fantastic views of the Gulf of Bonagia and surrounding landscapes as you hike the trails of Erice.

journey at the source of all the goodness, the vineyard. Carry on to the milestone room where the grapes were pounded by foot! Stop at the manor house and then make your way to the grand finale, the wine cellar. Take your time sampling various wines while you enjoy Sicilian cheeses, salami and biscotti. Next, get ready to indulge in some seriously good food.

The restaurant on-site, La Calandra, proclaims they offer “a renaissance for all the senses.” See the beautiful interior with gabled ceilings and exposed wooden beams, or sit on the patio and dine al fresco and look out over the sea. Smell the Mediterranean cuisine with fresh herbs as it is lovingly prepared in the kitchen. Finally, taste the masterpieces from the chef! Meals like blue

Egadi fish or the famous red prawns are sure to tickle your fancy. After a tranquil end to your day, head back to your lodging to rest up for the next day’s adventures.

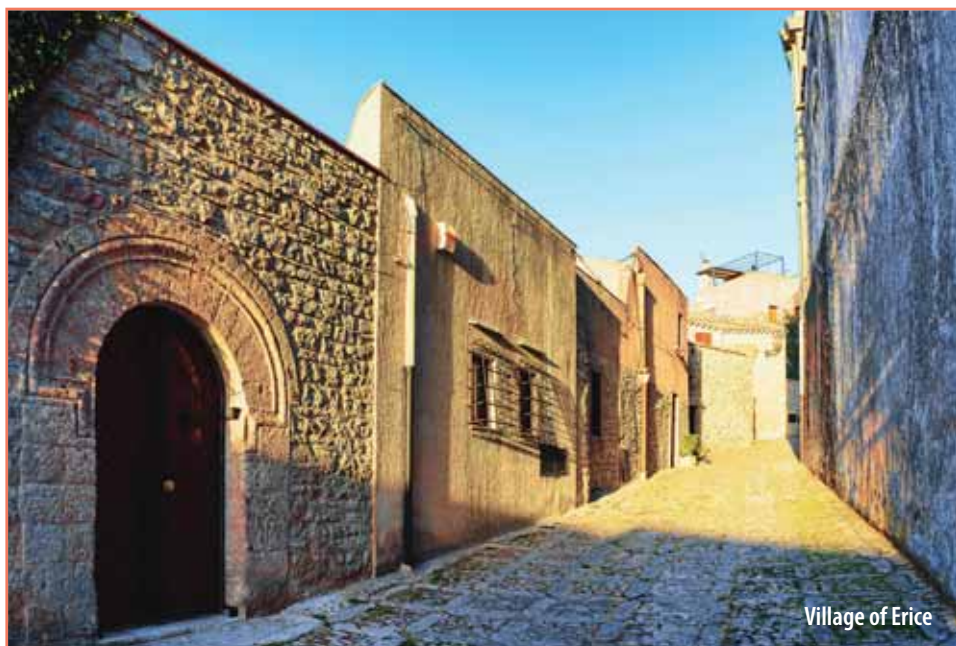
On your second day, get ready for some sightseeing in the village of Erice, which you may have heard of before. The ancient Roman poet Virgil talked about it in his Latin epic poem, “The Aeneid.” Erice is known as the city with a hundred churches, which is of course, a gross exaggeration. Plan on taking the hiking trail to three churches, known as Porta Castellammare. Here you’ll have a fantastic view of the Gulf of Bonagia and you’ll see the St. Maria Maddalena, St. Ippolito and St. Maria Maggiore churches.

Next up is Venus Castle. It was built in the 12th century by Normans and stands as a reminder of the goddess of fertility. The castle is built into the cliff-side and features a defensive system of towers. Don’t miss out on touring the beautiful gardens, where you can have a panoramic view of the area.

On your way back to Marsala, stop at the salt flats of Trapani. This incredibly unique and unexpected attraction is where salt has been harvested since the 12th century. Piles of salt can be found sitting on a network of “roads” over the shallow water. Windmills dot the landscape and were once used to grind the salt. Though little salt is produced there currently, it still remains a fascinating location. If you have time, rent a canoe and row out into the marshes.

On the last day of your trip, spend the morning at Isola Favignana. There is a multitude of caves and rock formations to explore on this small island off the coast of Marsala. Either scuba dive, snorkel or take a boat around the area. On your way back to Sigonella, make a pit stop in Selinunte to check out the ruins. Though you likely haven’t heard of this fascinating location, it is home to the largest archeological site in Europe! Here you’ll find temples, an acropolis and other various Greek ruins high up on a plain overlooking the ocean.

Marsala is just one of the many beautiful places to visit in Sicily. Make time to explore the region and learn about its thrilling history. Visit a church or five, lounge on the beach and learn a few things about civilization’s past. This is just the beginning of many Italian adventures to come! ■



Village of Erice



Norman Castle on Mount Erice

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# BUCKET LIST: Italy Edition

By Stripes Staff

Italy is a dreamy country filled with countless treasures from architectural masterpieces and picturesque coastal towns to some of the world's best food and experiences waiting to be had. While stationed in Sigonella, be sure to traipse through Italy and cross these items off your Italian bucket list.



1

Toss a coin in the Trevi Fountain.

2

Explore the villages of Cinque Terre.

3

Hike up the mighty and impressive Mount Etna.

4

Snap an iconic pic with the Leaning Tower of Pisa.

5

Take a gondola ride through the canals of Venice.

6

Witness the clash of Roman and Greek architecture in Taormina.



pick  
your next  
**Adventure**



**Parco** *avventura* **Etna**

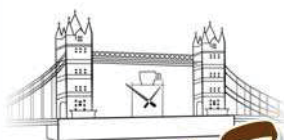
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*Order breakfast pastries and cakes at least one day before your event*



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7

Indulge in delicious gelato, pizza, pasta and, of course, wine.

8

Hike through the Dolomites.

9

Visit the Amalfi Coast and take a short boat ride into the cave, Blue Grotto of Capri, to witness its illuminated blue waters.

10

Visit the Vatican Museum and St. Peter's Basilica.

11

Appreciate the art and architecture of Florence.

12

Stare in awe of the Gothic Duomo di Milano cathedral in Milan.







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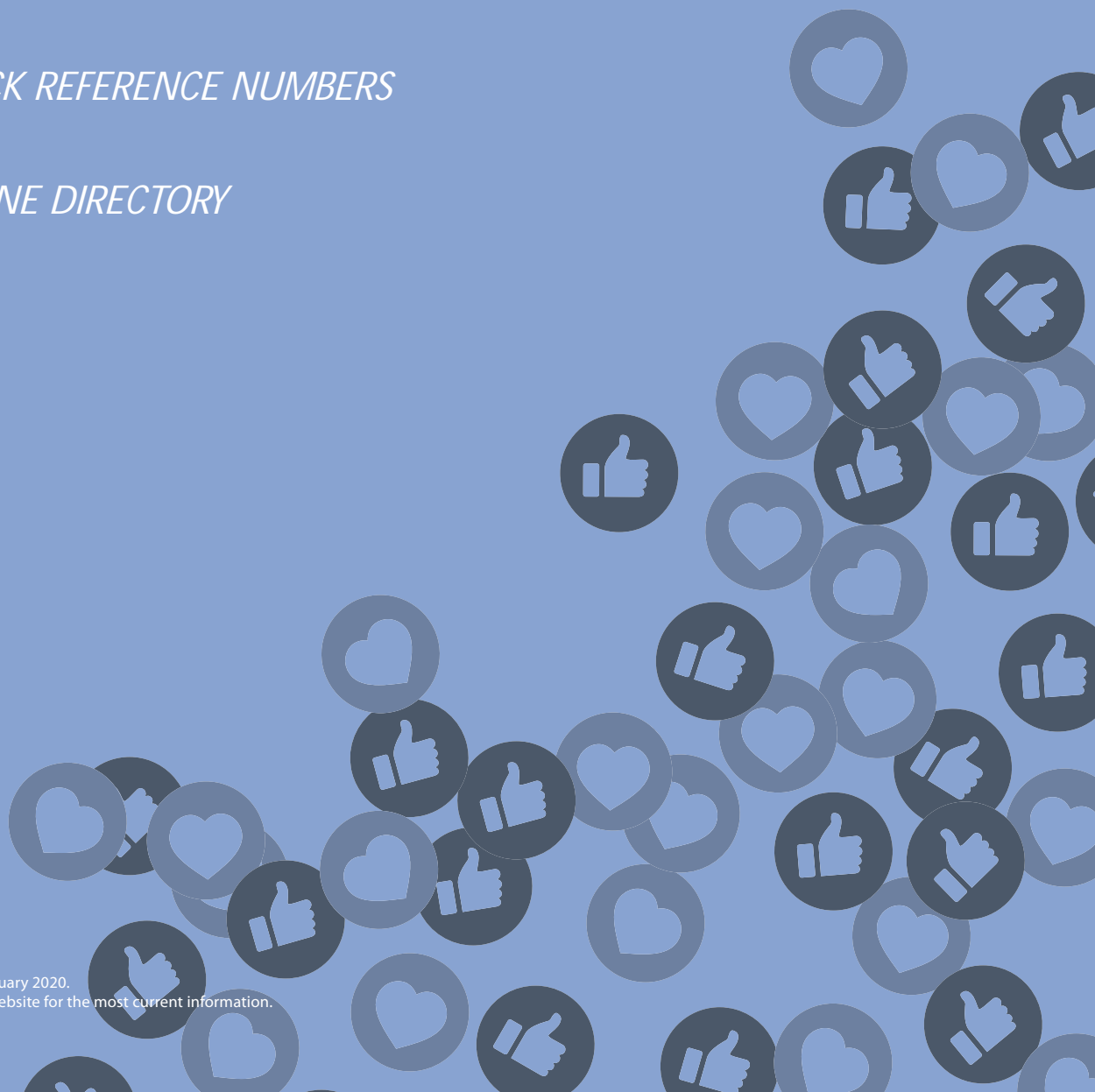
# BASE RESOURCES

**78** *KEY RESOURCES*

**82** *QUICK REFERENCE NUMBERS*

**84** *PHONE DIRECTORY*

This information was accurate as of January 2020.  
Please visit Fleet and Family Services' website for the most current information.





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# KEY COUNSELING SERVICES

If you ever are in need of counseling or mental health services, know that there are a multitude of programs and personnel that can assist you. Mental health is important for your well-being, and mental health challenges and issues should never be ignored or hidden.

## CHAPEL

Chaplains provide 100% confidential counseling services focused on personal, family and relationship resiliency. Crisis counseling is also available. Counseling services are non-clinical and available to all regardless of religious affiliation.

### ► Eligibility

Available to all active duty members, dependents and DoD civilians

### ► Locations

NAS I — Bldg. 317

NAS II — Bldg. 742

### ► Hours

Appointments are available Monday-Friday from 8 a.m. to 4 p.m.

### ► Contact

NAS I Chapel — 095-56-3975

NAS II Chapel — 095-562-2382

24/7 assistance — 335-831-4493

Facebook: <https://www.facebook.com/NASSigonellaChapel>



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### MENTAL HEALTH

Psychologists, psychiatrists and behavioral health technicians are able to evaluate and manage psychiatric disorders. They can facilitate patient movement to a Military Treatment Facility (MTF) where they are able to receive the services required. They will refer most cases to other counseling services available on base.

Note: If anyone is experiencing active suicidal ideations, seek emergency medical care from the Emergency Room at the installation.

- **Eligibility**  
Adults aged 18 and older with TRICARE coverage. Other adults will be billed by your individual health insurance.
- **Location**  
Flight Line Clinic, NAS II — Bldg. 148
- **Hours**  
Monday-Friday, 8 a.m. to 4 p.m.  
Closed on federal holidays.
- **Contact**  
Mental Health Clinic — 095-86-6095  
Substance Abuse Clinic— 095-86-6092

### FLEET AND FAMILY SUPPORT CENTER

FFSC provides brief, non-medical counseling for individuals, couples and families that address defined problem areas. Topics can include relocation difficulties, adjustment problems, personal, marital, or family problems requiring short-term treatment, work related stress and crisis intervention. FFSC does not treat personality change or mental disorders.

- **Eligibility**  
Active duty members and their dependents, DoD civilians, and DODDS employees and their families who are eligible in the military treatment facility.
- **Location**  
NAS I — Bldg. 319
- **Hours**  
Monday, Tuesday, Thursday, & Friday,  
7:30 a.m. to 4 p.m.  
Wednesday, 7:30 a.m. to 2 p.m.
- **Contact**  
095-56-4291  
Facebook: <https://www.facebook.com/ffsc.sigonella>

### GUIDANCE CLINIC

The Hospital and Child Guidance Clinic provides psychotherapeutic treatment to address a broad range of psychological issues faced by children to include anxiety, depression, ADHD, adjustment difficulties and relationship issues.

- **Eligibility**  
Children of any age who are eligible to receive care in the MTF
- **Location**  
NAS I Educational and Developmental Intervention Services Clinic — Bldg. 272
- **Hours**  
Monday-Friday, 8:00 a.m. to 4 p.m.,  
by appointment only.
- **Contact**  
095-56-4536



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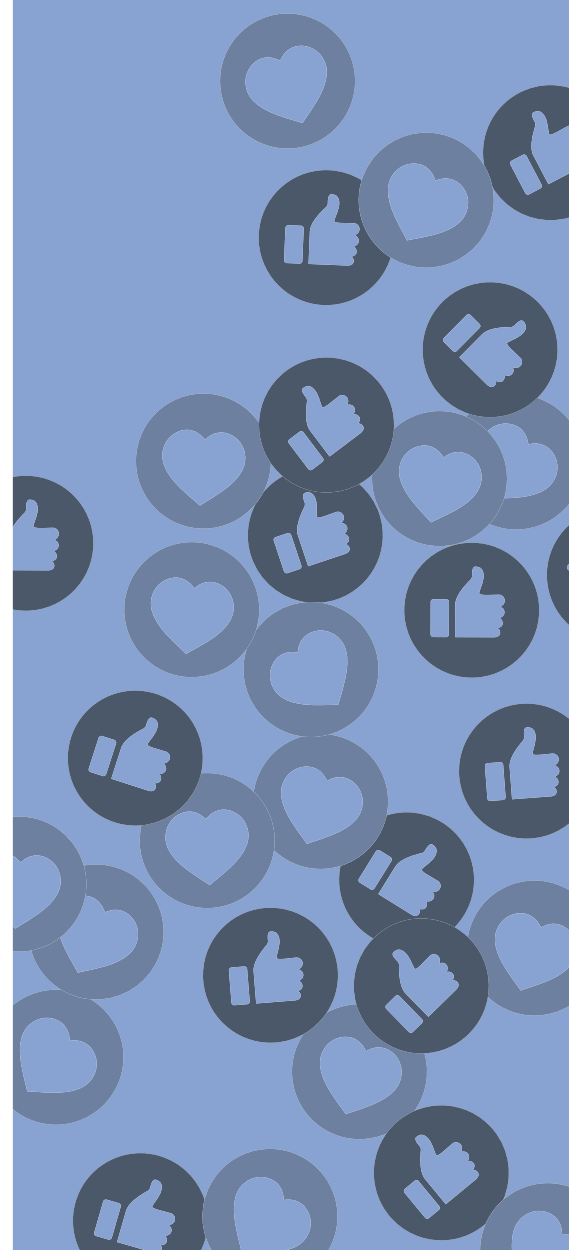
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# PHONE DIRECTORY

## QUICK REFERENCE NUMBERS

AMERICAN RED CROSS.....	624-4900/DUTY PHONE 335-606-5839
.....	1-877-272-7337 ALSO NMRS FOR MONEY PROBLEMS (AFTER HOURS)
ASK A NURSE.....	800-877-660 (FOR EMERGENCY ADVISE POISONING, BLEEDING ETC)
CHAPLAIN.....	624-3975
.....	335-8314493 (AFTER HOURS)
COMMAND DUTY OFFICER (NASSIG) .....	335-130-5136
DENTAL EMERGENCY DEPARTMENT .....	624-4205
EMERGENCY DEPARTMENT/ROOM .....	624-3844 (FOR EMERGENCY DEPT. PATIENT UPDATES)
TRICARE NURSE ADVISE LINE .....	800-877-660 (FOR EMERGENCY ADVISE POISONING, BLEEDING ETC)
FFSC SERVICES AND INFO.....	624-4291
.....	335-129-7125 (AFTER HOURS)
NAS II FLIGHT LINE CLINIC (FLC) MEDICAL .....	624-5455/6296
NAS II FLIGHT LINE CLINIC (FLC) DENTAL .....	624-6317/5447
SAPR 24/7 HOTLINE.....	335-642-8312
.....	335-606-6146 (AFTER HOURS)
SECURITY LIAISON ITALIAN TRANSLATOR.....	24/7:624-2795
.....	624-6100 (SUPERVISOR)
.....	335-841-2014 (AFTER HOURS)
ARMED FORCES NETWORK.....	MAIN LINE 624-3971
.....	624-4067/624-4265 (AFTER HOURS)
AIR TERMINAL PASSENGER SERVICES.....	624-5576
.....	624-2761 (AFTER HOURS)
AUTO PORT NAS II.....	624-2814
BASE COMMUNICATIONS OFFICE.....	624-2916
COMMUNITY BANK .....	NAS I 624-9811; NAS II 624-9331
CHILD DEVELOPMENT CENTER .....	624-3736
DODDS ELEMENTARY SCHOOL.....	624-4406
DODDS MIDDLE/HIGH SCHOOL.....	624-4281
EARLY DEVELOPMENT INTERVENTION SERVICES.....	624-4536
EMERGENCY MANAGEMENT .....	624-5225
EMERGENCY MANAGEMENT OFFICER.....	335-193-8823
EMERGENCY OPERATIONS CENTER .....	624-2621
FLEET MAIL CENTER.....	NAS II 624- 5915
.....	NAS I 624-4477
GALLEY NAS II .....	624-2061
HOSPITAL APPOINTMENT LINE.....	624-2273
.....	624-3842 QRT DECK
HOSPITAL MEDICAL HOME PORT.....	624-4622
HOSPITAL TRICARE.....	624-4880/4848/4087
HOUSING WELCOME CENTER.....	624-4311
HOUSING MARINA! TROUBLE CALLS.....	095-518-3394/342-347-1370
HOUSING LOANER FURNITURE .....	095-56-3879/3878/4164
EMERGENCY ECONOMY HOUSING .....	335-830-6382/8222
EMERGENCY GOVERNMENT QUARTERS .....	342-347-1370
EMERGENCY BACHELOR HOUSING.....	335-578-5520
MOTOR VEHICLE REGISTRATION OFFICE (MVRO) .....	624-5275/6171
MWR OUTDOOR EQUIPMENT RENTAL ITT .....	624-4396/4777
MWR MOVIE HOTLINE.....	624-4248
NAVAL COMPUTER AND TELECOM .....	624-5553
.....	335-831-4461 (AFTER HOURS)
NCIS .....	624-9210
NAVY GATEWAY INNS & SUITES.....	624-6832/2926
NAVY MARINE CORPS RELIEF SOCIETY.....	624-4212
REGION LEGAL SERVICES.....	624-5258
PERSONNEL SUPPORT DET. ....	624-5651
PUBLIC WORKS TROUBLE DESK .....	624-6013
PUBLIC AFFAIRS OFFICE .....	624-5440
.....	335-831-4474 (AFTER HOURS)
SCHOOL AGED CARE.....	624-3712
VET CLINIC.....	624-4258
WOMEN, INFANT, CHILD (WIC).....	624-3198
YOUTH CENTER.....	624-1747





Hours of operation :  
 Monday to Friday 06.30/22:30  
 Saturday and Sunday 08:00/22:00  
 LOCATED: NAS II  
 PHONE: 095 7848308 - 3311008520



Hours of operation :  
 Monday to Friday 06.30/19:00  
 Saturday and Sunday 08:00/18:00  
 LOCATED: NAS I SIGONELLA  
 PHONE: 095 564213



Hours of operation :  
 Monday to Friday 11.00/21:30  
 Saturday 07:00/22:00  
 Sunday & US Holidays 11:00/19:00  
 LOCATED: NAS I SIGONELLA  
 BUILDING 175 - SICILY  
 PHONE: 095 784 83 06





## A

### AIRCRAFT INTERMEDIATE MAINTENANCE DETACHMENT (AIMD)

CDO.....	335-645-5477
ACDO.....	335-184-0993
QUARTERDECK.....	624-5432

### AMC TERMINAL

COMMAND POST 24 HR.....	624-5371
COMMAND POST LPO.....	624-2748
QUARTER DECK.....	624-5432
FLIGHT INFORMATION/PASSENGER SERVICES CHECK-IN.....	624-5576

### AMERICAN RED CROSS

OFFICE.....	624-4900
DUTY PHONE.....	335-606-5839
EMERGENCY MESSAGES.....	1-877-272-7337
AUTO PORT.....	624-2814
AUTO SKILLS.....	624-5244

## B

BARBER/BEAUTY SHOP NAS I.....	624-4234
BARBER SHOP NAS II.....	624-5951
BASE EDUCATION AND TRAINING.....	624-4696
BASE SECRETARY.....	624-5251/5252/5253
BEAUTY SHOP.....	624-4234
BIG AL'S.....	957-848308/331-1008520
BOWLING CENTER.....	624-4302

## C

CENTER FOR PERSONAL AND PROFESSIONAL DEVELOPMENT (CPPD).....	624-4189
--	----------

### CIVILIAN HUMAN RESOURCES

DIRECTOR.....	624-4186
RECEPTION/INFORMATION/REFERRAL DESK.....	624-4175
COMMAND EVALUATION AND REVIEW.....	624-6148/2714/2432/6019

### COMMAND TASK FORCE 67 (CTF-67)

ADMIN.....	624-5362/5123/5129
WATCH FLOOR.....	624-5120/5121

### COMMANDER NAVAL FORCES EUROPE DETACHMENT MOBILE ASHORE SUPPORT TEAM (CNE DET MAST)

ADMIN.....	624-5804
IT DEPT.....	624-5463(NAS SIG SAFETY DEPT)/624-6140 (CNE DET MAST)

### COMMISSARY

CUSTOMER SERVICE.....	624-3880
SECRETARY.....	624-3777

### CONTRACTING DEPARTMENT

SUPERVISORY CONTRACT SPECIALIST.....	624-2393
CONTRACT SPECIALIST.....	624-2311

## D

### DEFENSE COURIER STATION (DCS)

AFTER HOURS DUTY COURIER.....	335-606-0293
STATION ADMIN.....	624-5328

### DEFENSE DISTRIBUTION DEPOT SIGONELLA

AFTER HOURS.....	335-833-4592
CUSTOMER SERVICE.....	624-5752/2361

### DEFENSE LOGISTICS AGENCY DISPOSITION SERVICES AKA (DRMO)

CUSTOMER SERVICES.....	624-2641
------------------------	----------

SITE LEAD.....	624-2642
ENVIROMENTALIST.....	624-5319

### DEPARTMENT OF DEFENSE SCHOOLS

ELEMENTARY.....	624-4406
MIDDLE/HIGH.....	624-4281

## E

### EMERGENCY MANAGEMENT

24HR.....	624-5225
EMERGENCY MANAGEMENT OFFICER.....	335-193-8823
EMERGENCY OPERATIONS CENTER.....	624-2621/2629

### EXECUTIVE TRANSPORT DETACHMENT (ETD)

ADMIN OFFICE.....	624-5289
OPS DUTY OFFICER.....	624-5324/DUTY PHONE 335-128-1528

## F

### FIRE AND EMERGENCY SERVICES

FIRE PREVENTION OFFICE.....	624-5191/5194/6294
BATTALION CHIEF (NAS I).....	624-4031
DEPUTY GS.....	624-0530
ACTIVE DUTY NAVY CHIEF (LCPO).....	624-6485
FIRE CHIEF.....	624-0564
ASST CHIEF OF TRAINING.....	624-6545

### FLEET AND FAMILY SUPPORT CENTER

ALL SERVICES AND PROGRAMS.....	624-4291
BASE INDOC COORDINATOR.....	624-4696
SAPR 24/7 HOTLINE.....	335-642-8312

## G

GALLEY (RESTAURANT BELLA ETNA).....	624-2061/624-5739/624-2585
CUSTOMER SERVICE.....	624-2061
LCPO.....	624-2585

## H

### HOSPITAL, U.S. NAVAL

EMERGENCY-AMBULANCE.....	OFF BASE 095-86-1911/ON BASE 911
EMERGENCY DEPARTMENT/ROOM.....	624-3844
HOSPITAL APPOINTMENT LINE.....	624-2273
NURSE ADVICE LINE.....	800-979-721

### NAS I HOSPITAL & CLINIC

24HR DUTY/QRT DECK NUMBER.....	624-3842
DENTAL CLINIC NAS I.....	624-4205
DIETICIAN.....	624-4578
HEALTH PROMOTIONS OFFICE.....	624-4710
HOSPITAL MEDICAL HOME PORT.....	624-4622
MENTAL HEALTH CLINIC.....	624-6095
OPTOMETRY NAS I.....	624-4847
ORTHOPEDICS.....	624-4118
OUTPATIENT RECORDS.....	624-3847
OVERSEAS SCREENING.....	624-4086
PATIENT CONTACT COORDINATOR.....	624-4087
PHARMACY NAS I.....	624-4685
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<i>FLIGHT LINE CLINIC</i>	
AVIATION MEDICINE (PHYSICAL SCREENINGS) .....	624-6291
DENTAL CLINIC NAS II .....	624-6317/5447
DEPLOYMENT HEALTH .....	624-5455
IMMUNIZATIONS .....	624-6932
INDUSTRIAL HYGIENE .....	624-6229
LABORATORY .....	624-6312
NAS II RECEPTION/APPOINTMENTS .....	624-5455
MEDICAL RECORDS OFFICE.....	624-6295
OCCUPATIONAL HEALTH CLINIC.....	624-5331
OPTOMETRY NAS II .....	624-6306
PHARMACY NAS II .....	624-6292
PREVENTATIVE MEDICINE .....	624-6231
RADIOLOGY NAS II .....	624-6305/2827
TRICARE OFFICE .....	624-4880/4878,4087,4635/4848 SUPERVISOR

#### HOUSING DEPARTMENT

HOUSING WELCOME CENTER.....	624-4311
MARINAI HOUSING OFFICE FRONT DESK .....	624-1731
HOUSING MARINAI TROUBLE CALLS .....	095-518-3394/342-347-1370
HOUSING LOANER FURNITURE .....	624-4311
EMERGENCY ECONOMY HOUSING .....	335-830-6382/8222
EMERGENCY GOVERNMENT QUARTERS.....	342-347-1370
EMERGENCY BACHELOR HOUSING .....	335-578-5520
BEQ 170 NAS I .....	624-4387
BEQ 623 NAS II .....	624-6864

## I

#### INFORMATION TECHNOLOGY (N6) DEPARTMENT

CUSTOMER SUPPORT .....	624-5555
IT DIRECTOR .....	624-2116
INFORMATION SECURITY SYSTEM MANAGER (ISSM) .....	624-6633

## L

#### LEGAL SERVICES OFFICE DETACHMENT (RLSO)

FRONT DESK .....	624-5258
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## M

#### MORALE, WELLNESS AND RECREATION (MWR)

AUTO SKILLS CENTER.....	624-5244
BIG AL'S.....	095-7848308/331-1008520
BOWLING CENTER .....	624-4302
CHILD DEVELOPMENT CENTER .....	624-3736
NAS I FITNESS DISTRICT FRONT DESK.....	624-4483
NAS II FLIGHT LINE FITNESS CENTER .....	624-5243
MOVIE HOTLINE.....	624-4248
ITT GEAR-N-GO.....	624-4396/4777
JOX PUB .....	624-5604
LEISURE TRAVEL AGENCY-SHELL TRAVEL.....	624-4388
CONNECTIONS NAS I .....	624-4264
LIBRARY NAS I .....	624-3875
MARINAI YOUTH COMPLEX/YOUTH SPORTS .....	624-1750/1747
MIDTOWN 2 THEATRE MANAGER .....	624-4216

MWR ADMIN OFFICE.....	624-3968
PIAZZA PIZZA .....	624-4499
NAS I SPLASHERS POOL.....	624-4334
NAS II FLIGHT LINE POOL .....	624-7766
SCHOOL LIASON OFFICE.....	624-3732
TAKE 5 .....	624-5602
YOUTH CENTER SCHOOL AGE CARE.....	624-3712
<b>MOTOR VEHICLE REGISTRATION OFFICE (MVRO)</b> .....	624-5275/6171

## N

#### NAVAL COMPUTER AND TELECOMMUNICATIONS STATION (NCTS)

QRT DECK .....	624-5521
ADMIN .....	624-6963/6964/5132/
CDO .....	335-831-4461
BASE COMMUNICATIONS OFFICE DIRECTOR.....	624-2916
BCO ADMIN OFFICER.....	624-5564
BCO VTC FACILITATOR.....	624-6922
BCO CELLUAR PHONES MANAGER.....	624-6500
BCO TROUBLE DESK .....	624-5561
NAVAL RADIO TRANSMITTER FACILITY NISCEMI FRONT DESK.....	624-1040

#### NAVAL CRIMINAL INVESTIGATIVE SERVICE (NCIS)

NCIS .....	624-9210
NAVY COLLEGE.....	624-4517-4514

#### NAVY EXCHANGE

ADMIN .....	624-4278/4541
AUTO PORT .....	624-2814
BARBER SHOP NAS I .....	624-4234
BARBER SHOP NAS II .....	624-5951
ETNA GRILL/TACO BELL.....	624-4213
BUSINESS CENTER/LAUNDRY/DRY CLEANING .....	624-4531
MILITARY AUTO SOURCE (MAS) NAS II .....	624-5852
CELLULAR SHOP .....	624-4493
CENTRAL CHECKOUT .....	624-3784
EUROPE CAR RENTAL ACROSS FROM NAS I .....	624-5468
EXCHANGE LOCATION MANAGER.....	624-5423/5424
FLOWER SHOP .....	624-4384
GEICO INSURANCE .....	624-9427
LOSS PREVENTION/SAFETY MANAGER .....	624-4920
MAIN STORE CUSTOMER SERVICE.....	624-4363
MAIN STORE MANAGER .....	624-4277/4379
NAVY LODGE RESERVATIONS.....	624-4082
OPTICAL SHOP .....	624-3274
PERSONNEL OFFICE .....	624-4276
PHOTO SHOP .....	624-3274
PIZZA HUT .....	624-4499
SERVICE OPERATIONS MANAGER .....	624-4363
SEVEN DAY NAS II MINI NEX.....	624-5423
SUBWAY NAS I.....	624-4013
TAILOR SHOP .....	624-6398

#### NAVY FEDERAL CREDIT UNION (NFCU)

TOLL FREE FROM ITALY .....	00-800-0-842-6328
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#### NAVAL SUPPLY FLEET LOGISTICS CENTER (NAVSUP FLC)

DUTY PHONE.....	335-735-4963
ADMIN .....	624-5711/5002
AVIATION SUPPORT DEPOT .....	624-2215
PERSONAL PROPERTY/HOUSEHOLD GOODS CUSTOMER SERVICE .....	624-9440/9441/9270

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POST OFFICE NAS I .....	624-4477
POST OFFICE NAS II .....	624-5915
SUPPLY RESPONSE SECTION (SRS-24HRS) .....	624-2209

#### NAVY GATEWAY INN & SUITES

NAS I NGIS FRONT DESK .....	624-3070
NAS II NGIS FRONT DESK .....	624-6832/2926

#### NAVY MARINE CORPS RELIEF SOCIETY (NMCRS)

AFTER HOURS EMERGENCIES .....	335-130-5139
MAIN OFFICE .....	624-4212

#### NAVY MUNITIONS COMMAND ATLANTIC DETACHMENT (NMCLANT DET)

QRT DECK .....	624-2119
ADMIN .....	624-2965

## O

#### OPERATIONS DEPARTMENT

OPS SECRETARY .....	624-2211
ADMIN OFFICER .....	624-5787
AIRFIELD MANAGER .....	624-5095/2037
<i>AIR TRAFFIC CONTROL</i>	
ADMIN .....	624-2729
BASE OPS .....	624-5513/2908
AIR CARGO .....	624-5180
GROUND ELECTRONICS MAINTENANCE DIVISION (GEMD) .....	624-5964
TRANSIENT LINE SERVICES (T-LINE) .....	624-2018

## P

#### PATROL SQUADRON (VP SQUADRON)

DUTY PHONE .....	624-6797
ADMIN .....	624-2420
OPS OFFICER .....	624-6770
MAINTENANCE MATERIAL CONTROL OFFICE .....	624-5977
MAINTENANCE CONTROL .....	624-5338/5339

#### PERSONNEL SUPPORT ACTIVITY DETACHMENT (PSD)

CUSTOMER SERVICE .....	624-5651
SATO/NAVPTO .....	624-2994
<i>LOGISTICS SUPPORT CENTER</i>	
MAIN LINE .....	624-5482
PERSONAL PROPERTY/HOUSEHOLD GOODS CUSTOMER SERVICE .....	624-9440/9441/9270
PERSONAL PROPERTY INBOUND .....	624-9443
POST OFFICE NAS I .....	624-4477
POST OFFICE NAS II .....	624-5915
PROTOCOL OFFICER .....	624-5313

#### PUBLIC AFFAIRS OFFICE

FRONT DESK .....	624-5440
ASSISTANT PUBLIC AFFAIRS OFFICER (APAO) .....	624-6530
COMMUNITY RELATIONS (COMREL) DIRECTOR .....	624-5229

#### PUBLIC WORKS DEPARTMENT (PWD)

ADMIN .....	624-5771
AFTER HOURS EMERGENCIES .....	624-5354/335-796-4280
ON BASE TROUBLE CALLS .....	624-6013
TRANSPORTATION .....	624-6428
ZONE MANAGERS .....	624-6867

## R

#### RELIGIOUS MINISTRIES DEPARTMENT

CHAPEL NAS I .....	624-3975
CHAPEL NAS II .....	624-9049
DIRECTOR OF YOUTH MINISTRIES (NAS I) .....	624-3782/3826

## S

#### SAFETY DEPARTMENT

MAIN LINE .....	624-5630
EXPLOSIVE SAFETY (ESO) .....	624-5291

#### SECURITY DEPARTMENT

ON BASE .....	911-
OFF BASE NAS I .....	095-56-1991
OFF BASE NAS II .....	095-86-1991
DISPATCH .....	624-5225/6065
MOTOR VEHICLE REGISTRATION OFFICE (MVRO) .....	624-5275
ANTI-TERRORISM OFFICER (ATO) .....	624-5494
SECURITY MANAGER .....	624-5767/5768

#### SEXUAL ASSULT PREVENTION AND RESPONSE (SAPR)

SAPR 24/7 HOTLINE .....	335-642-8312
SEXUAL ASSULT RESPONSE COORDINATOR (SARC / 24/7) .....	338-670-0195
CIVILIAN VICTIM ADVOCATE (24/7) .....	335-773-3553
VICTIMS LEGAL COUNSEL (VLC) .....	624-3246/624-56-3246

## T

#### TLA APARTMENTS

MAGNOLIA CLUB .....	095-7553048
MOTTA RESIDENCE .....	095-309918
NEW PLACE .....	339-650-2283
ORANGE PARK .....	095-7559035
SIGONELLA INN .....	095-7130237

## U

UNIVERSITY OF MARYLAND .....	624-4492
USO SIGONELLA .....	624-6377

## V

VETERINARY CLINIC .....	624-4258
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## W

WEBMASTERS DEPARTMENT .....	624-6628
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## Y

YOUTH CENTER/SPORTS .....	624-1747/1750
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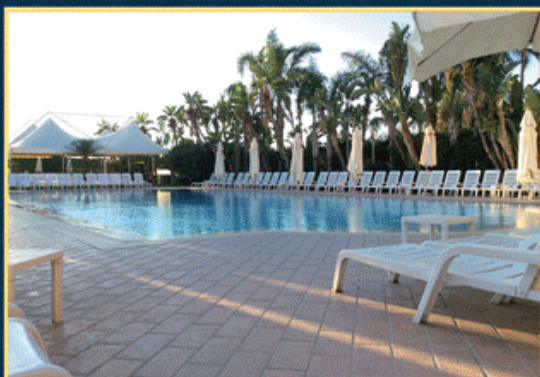
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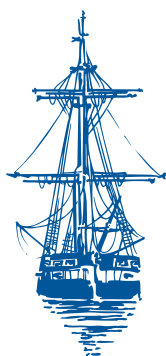
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